



@transcending-trauma-with-yoga     artwork: @embody.create.heal

by Deva Hardeep Singh | Dharma Seeds Yoga Press© | 02 July 2023 |

**I teach trauma-informed yoga because I believe that everyone deserves to heal from their trauma in a safe and supportive environment**

If you are not familiar with trauma-informed yoga, here are some short videos to watch first.

## Teaching Yoga after George Floyd: A Powerful Conversatio...



<https://youtu.be/UcvVcInC3bU>

## Conversations at the Intersection of Yoga and Healing: Tra...



<https://youtu.be/7I54jO9fKbk>



@transcending-trauma-with-yoga     artwork: @embody.create.heal

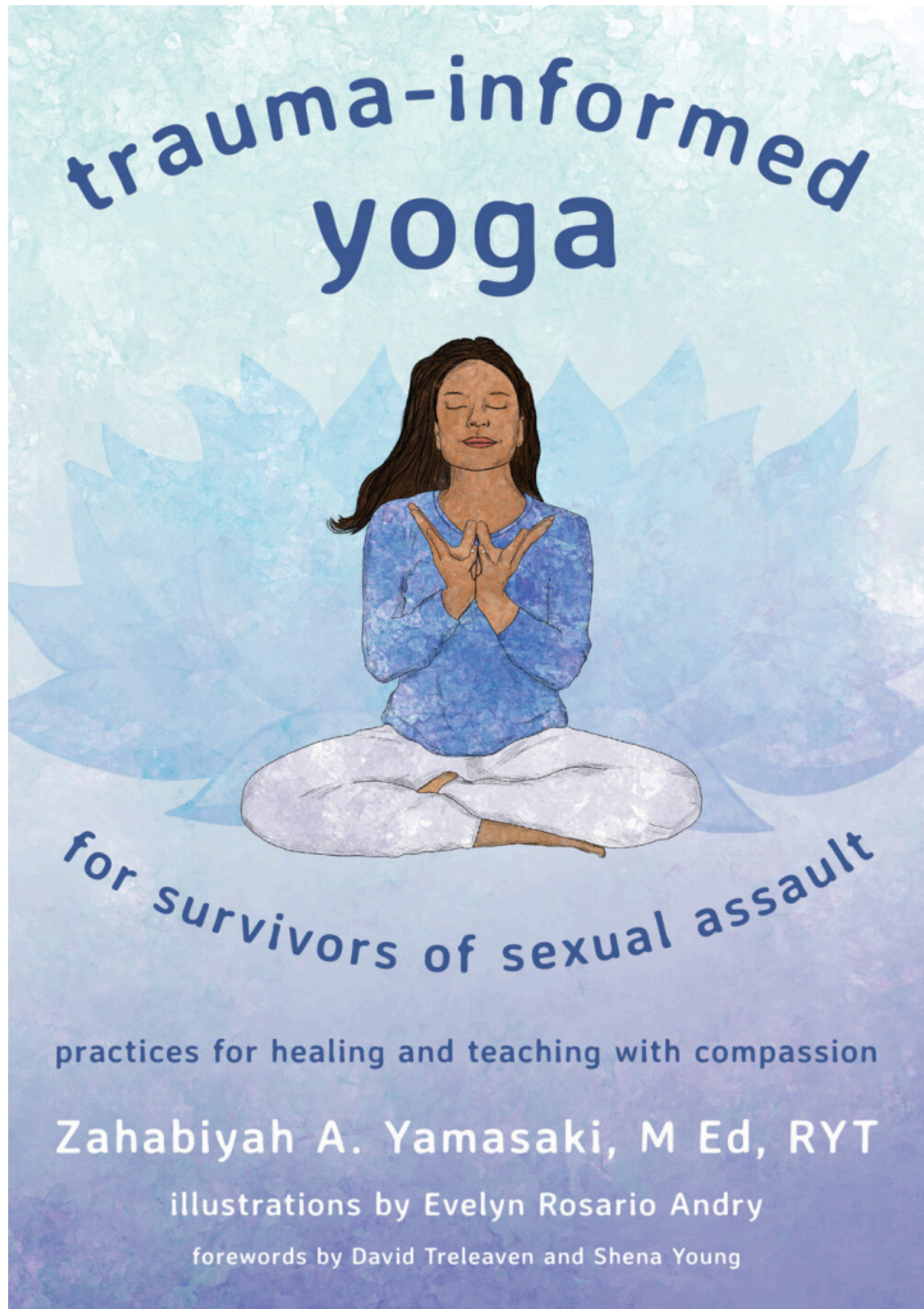
## What is Trauma-Informed Yoga?

Trauma-informed yoga is a type of yoga that is specifically designed for people who have experienced trauma. It is based on the understanding that trauma can have a profound impact on the body and mind, and that yoga can be a powerful tool for healing.

Trauma-informed yoga classes are typically led by teachers who have been trained in trauma-informed care. These teachers are aware of the signs and symptoms of trauma, and they create a safe and supportive environment for students to practice yoga.

The poses in trauma-informed yoga classes are often modified to be less challenging, and there is more emphasis on breathwork and relaxation. The goal of trauma-informed yoga is to help students connect with their bodies in a safe and supportive way, and to begin to heal from the effects of trauma.





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# How Does Trauma-Informed Yoga Work?

**Trauma-informed yoga works by helping students to:**

- **Connect with their bodies in a safe and supportive way.**
- **Learn to regulate their emotions.**
- **Develop a sense of self-compassion.**
- **Build resilience.**

When people experience trauma, their bodies go into a state of fight, flight, or freeze. This is a natural survival response, but it can also have long-term effects on the body and mind. Trauma-informed yoga can help to calm the nervous system and reduce the symptoms of post-traumatic stress disorder (PTSD).

Yoga can also help people to learn to regulate their emotions. When people experience trauma, they often have difficulty managing their emotions. Yoga can help people to learn to identify and express their emotions in a healthy way.

In addition, trauma-informed yoga can help people to develop a sense of self-compassion. When people experience trauma, they often feel shame, guilt, and self-blame. Yoga can help people to learn to be kind and compassionate to themselves, even when they have made mistakes.

Finally, trauma-informed yoga can help people to build resilience. Resilience is the ability to bounce back from adversity. Yoga can help people to develop resilience by teaching them how to cope with stress and challenges in a healthy way.

## The Relationship Between Trauma-Informed Yoga and Self-Care Mindfulness

Self-care mindfulness is the practice of paying attention to the present moment with kindness and compassion. It is a powerful tool for healing from trauma, and it can be integrated into trauma-informed yoga practice.

**When people practice self-care mindfulness, they learn to:**

- **Pay attention to their thoughts, feelings, and sensations.**
- **Acknowledge their experiences without judgment.**
- **Take care of themselves in a loving and compassionate way.**

**Self-care mindfulness can help people to:**

- **Reduce stress and anxiety.**
- **Improve their mood.**
- **Increase their self-awareness.**
- **Build resilience.**

By integrating self-care mindfulness into trauma-informed yoga practice, people can learn to heal from trauma in a safe and supportive way. They can also learn to take care of themselves in a loving and compassionate way, which can help them to build resilience and live a more fulfilling life.

## Trauma-Sensitive Programming: Using Mindfulness to Cre...



<https://www.nlm.gov/training/class/trauma-sensitive-programming-using-mindfulness-create-safe-space>

### Conclusion

Trauma-informed yoga is a powerful tool for healing from trauma. It is based on the understanding that trauma can have a profound impact on the body and mind, and that yoga can be a powerful way to heal.

Trauma-informed yoga classes are typically led by teachers who have been trained in trauma-informed care. These teachers create a safe and supportive environment for students to practice yoga.

The poses in trauma-informed yoga classes are often modified to be less challenging, and there is more emphasis on breathwork and relaxation. The goal of trauma-informed yoga is to help students connect with their bodies in a safe and supportive way, and to begin to heal from the effects of trauma.

Self-care mindfulness is a powerful tool that can be integrated into trauma-informed yoga practice. Self-care mindfulness helps people to pay attention to their thoughts, feelings, and sensations, and to acknowledge their experiences



without judgment. It also helps people to take care of themselves in a loving and compassionate way.

By integrating self-care mindfulness into trauma-informed yoga practice, people can learn to heal from trauma in a safe and supportive way. They can also learn to take care of themselves in a loving and compassionate way, which can help them to build resilience and live a more fulfilling life.



<https://www.blackwomenhealingretreats.com/publication/the-importance-of-body-work-in-healing-and-self-care>

## Here are 15 mindfulness affirmations on trauma-informed yoga and its relationship to self-care mindfulness:

1. I am safe in this moment.
2. I am worthy of care and compassion.
3. I am allowed to feel my emotions.
4. I am not alone in my experience.
5. I am strong and resilient.
6. I am capable of healing.

7. I am worthy of love and acceptance.
8. I am grateful for my body.
9. I am grateful for my breath.
10. I am grateful for the present moment.
11. I am enough just as I am.
12. I am kind to myself.
13. I am patient with myself.
14. I am gentle with myself.
15. I love myself.

These affirmations can be used as a part of a trauma-informed yoga practice or as a standalone self-care practice. They can be repeated silently or out loud, and they can be used to focus the mind and body during yoga poses or other mindfulness activities.

It is important to remember that these affirmations are just a starting point. You may find that you need to create your own affirmations that are more specific to your own experiences. The most important thing is to find affirmations that resonate with you and that help you to feel safe, loved, and supported.

## Here are some additional tips for using mindfulness affirmations in trauma-informed yoga or self-care:

- **Choose affirmations that are positive and supportive.** Avoid using affirmations that are negative or judgmental.
- **Repeat the affirmations to yourself slowly and mindfully.** Pay attention to the words and the feelings that they evoke.
- **Allow yourself to feel the emotions that come up as you repeat the affirmations.** Don't try to push them away or ignore them.
- **Be patient with yourself.** It may take some time to find affirmations that work for you and to feel the benefits of using them.

Mindfulness affirmations can be a powerful tool for healing from trauma and for taking care of yourself. If you are interested in trying them, I encourage you to experiment and find what works best for you.

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## Why I teach through the Accessible Trauma-Informed method

As a survivor of childhood abuse. It was pretty horrific. The results of that trauma led to a life plagued by depression, anxiety, Post-Traumatic Stress Injury, and Borderline Personality Disorder. I have seen my efforts through behavioral health counseling with yoga/meditation has significantly healed my past trauma. You can read about it [here](https://bit.ly/DSY-OutofHell). <https://bit.ly/DSY-OutofHell>

I have completed the Foundational Training program in trauma-sensitive yoga through the [Center for Trauma and Embodiment at Justice Resource Institute](#) (JRI) and [Trauma Center Trauma-Sensitive Yoga](#) (TCTSY). I am certified by both [Yoga Alliance](#) and [World Yoga Federation](#). You can view my certificates [here](#).

I want to teach trauma-sensitive yoga for free. My goal is for Dharma Seeds Yoga to create a comprehensive library of written, academic, scientific, and instructional resources on mindfulness and yoga. These resources would be accessible to everyone through the internet, regardless of income or mental health status. This would allow people who are facing income inequality or mental health injuries to get certified complete yoga instruction for free, either at home on their tablet or smartphone. I am disabled and live 100 percent off my disability payments. Which still places me 400%. I identify with the [neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury](#) persons. This is my lane. I know my focus. As much as I would love to be the best in yoga, but in this lifetime, I will remain in my lane. so as to teach without creating more trauma.



I teach trauma-informed yoga and meditation in a way that is accessible to all people. I do this because of my own experiences with trauma and abuse. The Raja Yoga lineage that I follow personally has no guru, deity, or person to swear allegiance to or make vows to. This means that my teachings are accessible to people of all spiritual paths. As well I have removed my male ego so I teach from a loving, compassionate, empathy focused yoga and meditation.

I am not a guru or a teacher in the traditional sense. I am simply a fellow yoga and meditation practitioner who shares what has helped me on my own healing journey. My goal is to help others find their own path to healing and well-being.

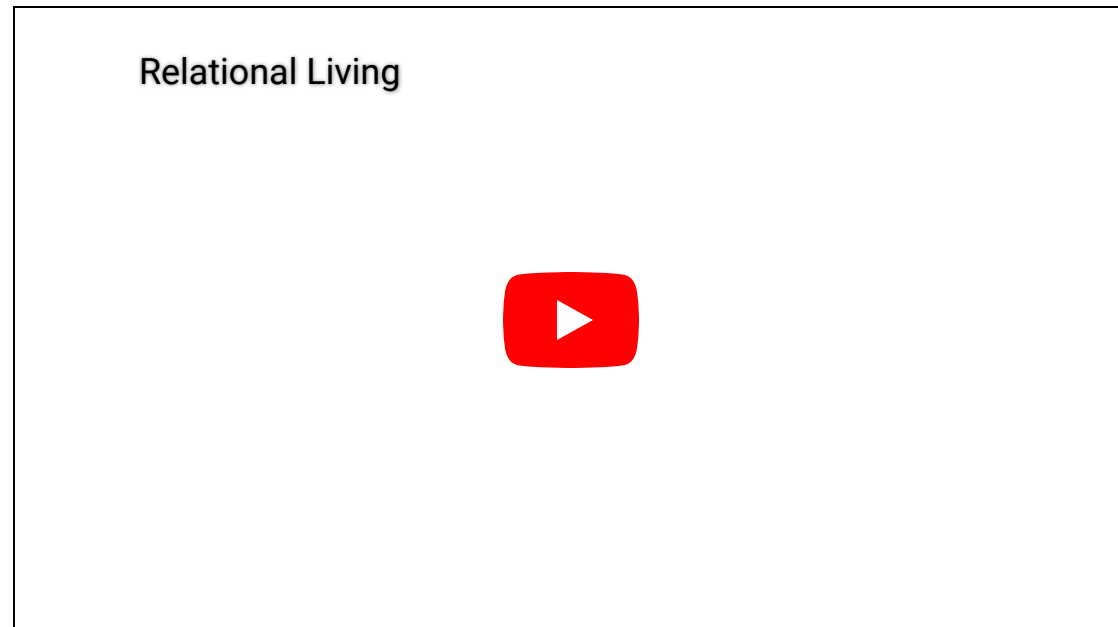
I am not the message. I am simply the vessel through which the message is transmitted. The message is what is important. It is the message that will help you heal and grow. These two sentences sum up why I teach trauma-informed yoga. No

more victims, no more trauma, no more untreated pain, etc...trauma-free teachings.

I've been an enrolled lifelong member of the Muscogee Nation. I live on my reservation with low-income tribal housing. I've spent most of my pre-teens to adulthood with Indigenous culture community events or serving in a capacity that benefits all tribes. So I also teach with an Indigenous focus and cultural sensitivity methods.

I teach the way I do for I love to incorporate music into my **artist repertoire**. Combining my thespian talents along with all phases of the **music business**,. So I also appeal to the artists types. My neurodiversity presents itself when I am audio or video editing. I get so right brained.

Teaching is about relationships. The teacher and student typical roles do often times switch during the process. It's about relational living.



<https://youtu.be/DNkdFa77eZo>

I have been in behavioral health counseling since I was about 8 years old, 1970s circa. I have tried many different approaches, but the best tool I have found for me



is **Dialectical Behavior Therapy** (DBT). **DBT** teaches skills that help me to deal with my emotions healthily. I could use drugs, anger, or self-harm to cope with my problems, but a more loving and compassionate way is to use the tools I am developing through DBT and yoga/meditation.

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## Here are 15 mindfulness affirmations to heal trauma:

1. I am safe and loved.
2. I am worthy of healing.
3. I am strong and resilient.
4. I am allowing myself to feel my emotions.
5. I am not alone in this.
6. I am letting go of the past.
7. I am creating a new and healthy future for myself.
8. I am forgiving myself and others.
9. I am giving myself the care and compassion I deserve.
10. I am allowing myself to heal.
11. I am grateful for the progress I have made.
12. I am confident in my ability to heal.
13. I am open to new experiences.
14. I am living in the present moment.
15. I am at peace.

You can repeat these affirmations to yourself throughout the day, or you can write them down and read them over. You can also find guided meditations or visualizations that incorporate these affirmations.

It is important to be patient with yourself as you heal from trauma. It may take time and effort, but you can overcome your trauma and live a happy and healthy life.

# How chakra empowerment can aid trauma healing...



## Here are some additional tips for using mindfulness affirmations to heal trauma:

- Find a quiet place where you can relax and focus.
- Take a few deep breaths to calm your body and mind.
- Repeat the affirmations to yourself slowly and deliberately.
- Pay attention to your body and mind as you repeat the affirmations.
- Notice any changes in your thoughts, feelings, or sensations.
- Be patient and kind to yourself.

Mindfulness affirmations can be a powerful tool for healing trauma. With regular practice, you can learn to let go of the past, forgive yourself and others, and create a new and healthy future for yourself.

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**Trauma-informed yoga is a gentle and supportive form of yoga that can be helpful for people who have experienced trauma.** It is based on the principles of mindfulness, which means paying attention to the present moment with kindness and compassion. Trauma-informed yoga can help people to:

- **Increase body awareness:** This can help people to become more aware of their physical sensations and to learn to respond to them in a healthy way.
- **Reduce stress and anxiety:** Trauma can often lead to high levels of stress and anxiety. Trauma-informed yoga can help to reduce these symptoms by teaching people how to relax their bodies and minds.
- **Improve self-regulation:** Trauma can sometimes make it difficult for people to regulate their emotions. Trauma-informed yoga can help people to learn how to manage their emotions in a healthy way.
- **Build self-compassion:** Trauma can often lead to feelings of shame, guilt, and self-loathing. Trauma-informed yoga can help people to develop compassion for themselves and to learn to accept themselves for who they are.

Self-care mindfulness is an important part of trauma-informed yoga. It is important for people who have experienced trauma to take care of themselves and to give themselves time to heal. Self-care mindfulness can help people to:

- **Pay attention to their needs:** This means being aware of what they need in order to feel good and to take steps to meet those needs.
- **Be kind to themselves:** This means treating themselves with the same compassion and kindness that they would treat others.
- **Take breaks:** This means giving themselves time to rest and to recharge.

- **Set boundaries:** This means learning to say no to things that are not good for them and to protect their time and energy.

Trauma-informed yoga and self-care mindfulness can be a powerful combination for healing from trauma. By combining the physical and mental benefits of yoga with the self-compassion of mindfulness, people can learn to heal from trauma and to live a more fulfilling life.

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## Pre-Caution

While engaging in any **yoga activities**, always remember:

- **Listen to your body.** Don't push yourself too hard, and be sure to **modify poses as needed**.
- **Use props to help you.** Props can be a great way to **make poses more accessible** and to reduce the risk of injury.
- **Take breaks.** If you're feeling tired or sore, take a break from your practice.
- **Don't be afraid to ask for help.** If you're not sure how to modify a pose or if you have any concerns, ask your instructor for help.

**Always listen to your body and modify poses as needed.** Also review on our [website](#), our guidance on using Yoga for mental health purposes.

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## DBT

Here are 4 DBT skills needed to assist in mindfulness self-care:

1. **Mindful observing:** This skill involves paying attention to the present moment without judgment. When you are mindful, you are simply noticing what is happening in your body, mind, and environment without trying to change it.

2. **Describing:** This skill involves putting words to what you are observing. When you describe, you are simply stating the facts of the situation without adding any interpretation or judgment.
3. **Participating fully:** This skill involves being fully engaged in the present moment. When you participate fully, you are not letting your mind wander or getting lost in thoughts about the past or future.
4. **Non-judgmental acceptance:** This skill involves accepting your thoughts, feelings, and sensations without judgment. When you accept, you are not trying to change or get rid of your experiences, but simply letting them be.

These DBT skills can be helpful for mindfulness self-care because they can help you to:

- **Be more aware of your thoughts, feelings, and sensations.**
- **Reduce judgment and criticism of yourself and others.**
- **Increase acceptance of yourself and others.**
- **Develop a more mindful and present-focused approach to life.**

If you are interested in learning more about DBT skills, there are many resources available online and in libraries. You may also want to consider seeking professional help from a therapist who is trained in DBT.

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## Research

### Here are 3 academic and scientific articles on using DBT to assist in self-care:

1. **The Effectiveness of Dialectical Behavior Therapy (DBT) for Self-Care: A Systematic Review**



- **Authors:** Emily E. Strunk, Amanda L. M. Muehlhoff, and David M. Jobes
- **Journal:** Journal of Clinical Psychology
- **Published:** 2018

This article reviews the research on the effectiveness of DBT for self-care. The authors found that DBT can be effective in improving self-care behaviors in people with a variety of mental health conditions, including borderline personality disorder, depression, and anxiety.

## 2. **Dialectical Behavior Therapy (DBT) Skills for Self-Care:** A Review of the Literature

- **Authors:** Jennifer J. Pearson, Ashley M. Turner, and Elizabeth A. Wilfley
- **Journal:** Behavior Therapy
- **Published:** 2015

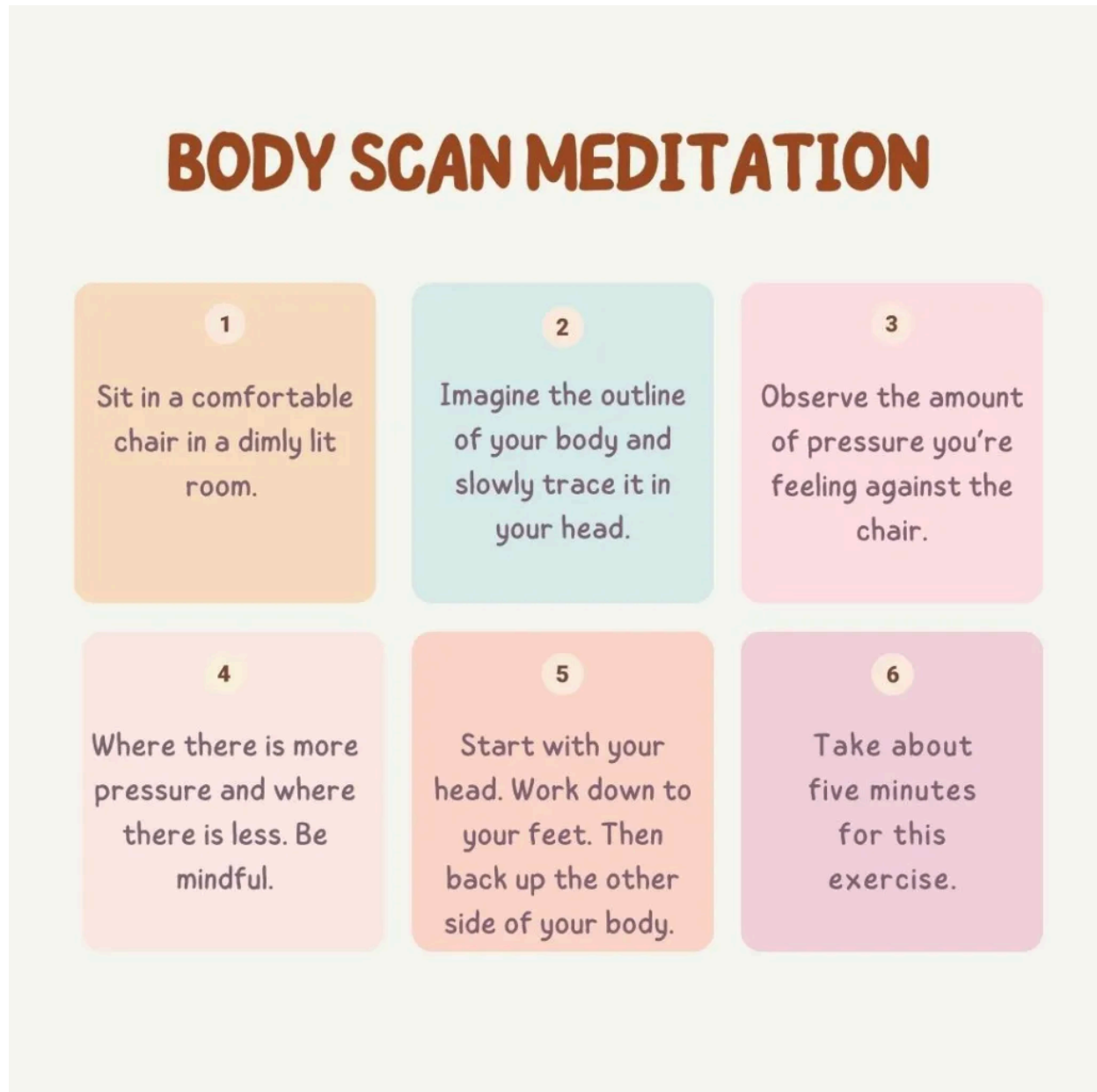
This article reviews the research on the DBT skills that are most helpful for self-care. The authors found that the skills of mindfulness, distress tolerance, and emotion regulation are particularly helpful for improving self-care behaviors.

## 3. **Using Dialectical Behavior Therapy (DBT) to Improve Self-Care in Eating Disorders:** A Pilot Study

- **Authors:** Julia A. Bulik, Kelly L. Luce, and Marsha M. Linehan
- **Journal:** International Journal of Eating Disorders
- **Published:** 2006

This article reports on a pilot study that examined the effectiveness of DBT for improving self-care in people with eating disorders. The authors found that DBT was effective in improving self-care behaviors, such as eating regular meals, exercising, and getting enough sleep.

# Resources



- **PTSD resources**
- **Call the National Suicide Prevention Lifeline at 1-800-273-8255.** This is a free and confidential service that is available 24 hours a day, 7 days a week.
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- **The National Center for PTSD: <https://www.ptsd.va.gov/>**

- **The Rape, Abuse & Incest National Network (RAINN):** <https://www.rainn.org/>
- **The National Alliance on Mental Illness (NAMI):** <https://www.nami.org/>
- **The American Psychological Association:** <https://www.apa.org/>
- **Prison Yoga Project – 200hr Yoga Teachers Training:** <https://community.prisonyoga.org/courses/yoga-social-justice-and-leadership-a-200-hour-yoga-teacher-training/>
- **In The Rooms (web based 12-STEP rooms)**  
<https://www.intherooms.com/home/>

You can also find a therapist in your area by visiting the Psychology Today therapist directory: <https://www.psychologytoday.com/us/therapists>

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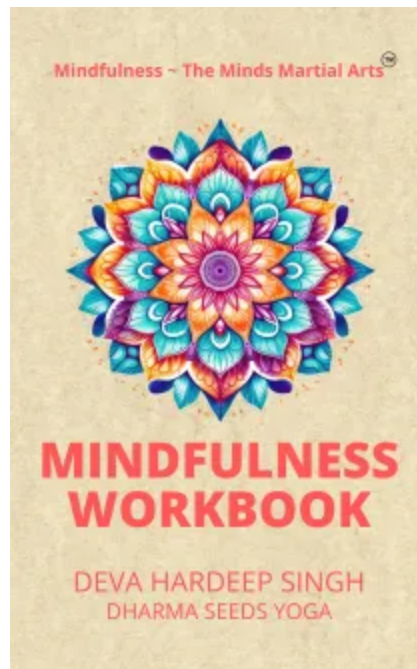
**Dharma Seeds Yoga brochure**

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**Join our Engage Mindfulness™ *Minds Martial Artist™* program FREE**



For more information on our Engage Mindfulness™ please email: [dharmaseedsyoga@gmail.com](mailto:dharmaseedsyoga@gmail.com)



## NOW FOR SALE

Mindfulness is the practice of paying attention to the present moment, without judgment. It is a way of training the mind to focus and to be aware of our thoughts, feelings, and sensations. Meditation is a form of mindfulness that involves sitting quietly and focusing on the breath.

The Mind's Martial Arts is a mindfulness workbook that can help you to learn the basics of mindfulness and meditation. The workbook is divided into three sections:

- The first section introduces the basics of mindfulness, such as what mindfulness is, why it is beneficial, and how to get started.
- The second section provides a variety of mindfulness exercises, including guided meditations, breathing exercises, and body scans.
- The third section provides tips for integrating mindfulness into your daily life.

The Mind's Martial Arts is a comprehensive and easy-to-follow guide to mindfulness. It is a great resource for anyone who is interested in learning how to be more mindful.

Mindfulness is a skill that can be learned and practiced.

Mindfulness is a powerful tool that can help you to live a happier, healthier, and more fulfilling life. With regular practice, you can learn to control your thoughts and emotions, improve your focus, and increase your happiness.

### The Mind's Martial Arts™ Chapter 1



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Mar 2023 at families 100+year Indigenous homestead.

**Deva Hardeep Singh** (he/him; neurodivergent, gay, ability injured, post-traumatic stress injury, borderline personality injury) is an Oklahoman, a Yuchi Indian, enrolled in the Muscogee Nation, and studied radio/TV/film in college. He's worked as an on-air personality, author, poet, artist, administrative assistant, petroleum landman, barista, staff writer, paralegal, concert promoter, music artist manager, content producer, and graphic designer. He spent 6 months as a National Data Team volunteer for the Bernie Sanders for President campaign. He is a freelance journalist with International papers and magazines with a social justice focus. Recently was able to join the Hulu/FX Series **Reservation Dogs**, as an extra (Seasons 2 & 3) He's been a meditator for over 30 years (Buddhist, Chan, Zen), teaches meditation, and provides yoga instruction, and a Reiki III Master.

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